

No-Bake Mummy Bars

Makes

10 servings

Prep time

10 minutes

Good source of

Fiber

Ingredients:

- 1 cup O-shaped cereal
- 1 cup instant oats
- ½ cup semi-sweet chocolate chips, plus 20 chips set aside
- 3 Tbsp. honey
- ½ cup low- or non-fat peanut butter
- 4 Tbsp. melting white chocolate

Nutrition Facts

10 servings per container
Serving size 1 bar (43g)

Amount per serving

Calories **200**

% Daily Value*

Total Fat 11g 14%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 23g 8%

Dietary Fiber 1g 4%

Total Sugars 14g

Includes 10g Added Sugars 20%

Protein 5g

Vitamin D 0mcg 0%

Calcium 33mg 2%

Iron 2mg 10%

Potassium 164mg 4%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Line a square baking pan or sheet with parchment paper. Set aside.
2. Place O-shaped cereal in a sandwich bag and seal. Crush the cereal into small pieces using a rolling pin or other heavy object.
3. Pour the crushed cereal into a large mixing bowl. Add the oats, ½ cup chocolate chips, honey, and peanut butter. Mix well until all ingredients are combined.
4. Transfer the mixture into the lined baking sheet and press down with a spatula or the bottom of jar to pack down. Cut into bars and set aside.
5. Place the melting white chocolate into a microwave-safe bowl. Heat for 15 seconds at a time, stirring after each time, until the chocolate is melted.
6. Drizzle the white chocolate into ribbons on top of the bars. For a cleaner look, you can place the melted chocolate into a sandwich bag and cut a hole into a corner of the bag. Squeeze to drizzle the chocolate onto the bars.
7. Using the reserved chocolate chips, place two chips on each bar on top of the melted chocolate. These will be the mummy eyes.
8. Serve immediately. Store uneaten bars in an airtight container.

